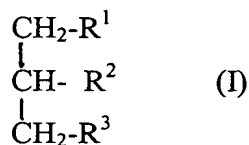


What is claimed is:

1. A method of providing a protective film intermediate a lipid layer of a tear film of an ocular substrate and a contact lens, comprising topically applying an ophthalmic fluid to the contact lens before applying the contact lens to the ocular substrate, wherein the ophthalmic fluid comprises at least one glyceride of formula (I):



wherein $\text{R}^1=\text{R}^2=\text{R}^3$ is O-CO-R; or $\text{R}^1=\text{R}^3$ is O-CO-R when R^2 is OH; or R^1 is O-CO-R when $\text{R}^2=\text{R}^3=\text{OH}$; R is a fatty acid residue comprising 16-20 carbon atoms and containing at least one unsaturated bond, and R is the same or different when $\text{R}^1=\text{R}^3$ or $\text{R}^1=\text{R}^2=\text{R}^3$.

2. The method according to Claim 1, characterized in that irritation to the ocular substrate associated with the application of the contact lens to the ocular substrate is reduced.

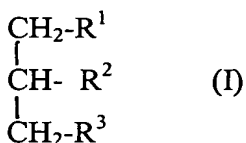
3. The method according to Claim 1, characterized in that the method prevents and treats dry eye syndrome experienced by contact lens wearers.

4. The method according to Claim 1, characterized in that the method reinforces the lipid layer of the tear film of the ocular substrate upon application of the contact lens to the ocular substrate.

5. The method according to Claim 1, characterized in that the fatty acid residue contains at least one unsaturated bond in a *cis*-configuration.

6. The method according to Claim 1, characterized in that the ophthalmic fluid contains at least one triglyceride, diglyceride, or monoglyceride derived from oleic acid, linoleic acid, linolenic acid, palmitoleic acid, arachidonic acid, or mixtures thereof.

7. A method of providing a protective film intermediate a lipid layer of a tear film of an ocular substrate and a contact lens, comprising topically applying an ophthalmic fluid to the contact lens before applying the contact lens to the ocular substrate, wherein the ophthalmic fluid consists essentially of at least one glyceride of formula (I):



wherein $\text{R}^1=\text{R}^2=\text{R}^3$ is O-CO-R; or $\text{R}^1=\text{R}^3$ is O-CO-R when R^2 is OH; or R^1 is O-CO-R when $\text{R}^2=\text{R}^3=\text{OH}$; R is a fatty acid residue comprising 16-20 carbon atoms and

containing at least one unsaturated bond, and R is the same or different when $R^1=R^3$ or $R^1=R^2=R^3$.

8. The method according to Claim 7, characterized in that irritation to the ocular substrate associated with the application of the contact lens to the ocular substrate is reduced.

5 9. The method according to Claim 7, characterized in that the method reinforces the lipid layer of the tear film of the ocular substrate upon application of the contact lens to the ocular substrate.

10. The method according to Claim 7, characterized in that the fatty acid residue contains at least one unsaturated bond in a *cis*-configuration.

10 11. The method according to Claim 7, characterized in that the ophthalmic fluid contains at least one triglyceride, diglyceride, or monoglyceride derived from oleic acid, linoleic acid, linolenic acid, palmitoleic acid, arachidonic acid, or mixtures thereof.